

ABSTRACT

A method for portable lift, support, and/or installation is disclosed which permits and enables these various functions without the need for external crane/lift machinery. The method includes attaching a removable swingarm assembly around an object extension of a structure, inserting a 5 swingarm into a swingarm sleeve on the removable swingarm assembly, positioning the swingarm wherein an object support assembly on the swingarm is adjacent a removable object, attaching the object support assembly to the removable object, disconnecting the removable object from the structure, and pivoting the swingarm causing the removable object to be moved away from the structure.

10